

By-Cycle

Bicycle News from the
Maricopa County Department of Transportation



September 2000

Volume 1:9

New Look for Web Site

Hopefully you noticed the new look for the web site when you logged on to read this newsletter. The new formatting has been applied to the entire MCDOT site and should make it easier for you to find your way around. Take a few minutes to check out the [MCDOT Home Page](#) and let us know what you think. Before you leave, visit some of the new bicycle links. There are many more changes planned in the near future so come back often to check our progress.

Enhancement Projects

The MCDOT McDowell Mountain Road Bicycle Lane project was ranked 10th by the MAG Enhancement Review Committee. 18 MAG enhancement projects will be submitted to ADOT where they will compete with projects from around the state for \$7.5 million of TEA-21 funds. ADOT has set aside another \$5.5 million for projects on ADOT right-of-way. The Guadalupe Road Multi-Use Bridge Project, submitted by Maricopa County Parks, was ranked 1st by the MAG committee for the ADOT projects. The ADOT Enhancement Review Committee will meet in November to rank projects in both local and state categories.

MCDOT Bicycle Web Page

www.mcdot.maricopa.gov/Bicycle/index.htm

Meetings

September 2000

Public Meeting Schedule

The public meeting schedule is subject to change. Please call to confirm dates and times. For on-line information go to: www.maricopa.gov/

9/6/00 - COMP PLAN WORKSHOP/SUN LAKES

Meeting Location:

Sunbird Golf Resort Ballroom
6250 Sunbird Blvd. - Chandler, AZ

Time: 6-8 PM

[Matthew Holm @ mail.maricopa.gov](mailto:Matthew.Holm@mail.maricopa.gov) -
(602)506-7162

9/11/00 - COMP PLAN WORKSHOP/SUN CITY WEST

Meeting Location:

West Valley Art Museum
17420 N. Avenue of the Arts - Surprise, AZ

Time: 6-8 PM

[Matthew Holm @ mail.maricopa.gov](mailto:Matthew.Holm@mail.maricopa.gov)
(602)506-7162

9/14/00 - PM10 ROADS PHASE 1, WEST ROADWAY SEGMENTS

Meeting Location:

Littleton Elementary, Cafeteria
1252 S. 115th Avenue - Avondale, AZ

Time: 5-7 PM

[Mike Marietti @ mail.maricopa.gov](mailto:Mike.Marietti@mail.maricopa.gov)
(602) 506-4171

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Bike Helmet Stories

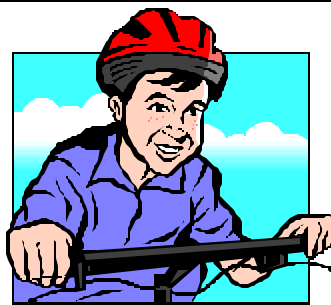
Rather than pummel your brain with statistics about why you and your kids should be wearing bike helmets when you ride to school, work, or just for fun, here are some stories from survivors:

"Hi! My name is Austin Kamykowski. When I was in sixth grade, I was an honor student. I played on the All Star Little League Team as a pitcher and on a competition soccer team. I used to ride my bike but I didn't like to wear a bike helmet. My mother tried to persuade me to wear one but I thought helmets were uncomfortable and hot. None of my friends wore bike helmets and I didn't exactly want to look like a jerk. Let me tell you how really wrong I was.....

"On September 12, 1994, I went bike riding with my brother and a friend. I took a left-hand turn and started pedaling up the street when I got hit by a pick-up truck. My head got whipped back and forth, damaging many parts of my brain. I was actually near death when the ambulance got me to the hospital. My mother was told to go in and kiss me good-bye because they didn't think I would live more than a few hours. I was hurt very badly and slipped into a coma. I suffered a traumatic brain injury all because I had not been wearing a bike helmet. A respirator did my breathing, a tube in my stomach fed me, and a bolt in my head monitored the swelling in my brain.

"When I finally woke up I had to be taught to eat, walk, talk and think all over again. I spent months in a wheelchair and had to rely on everyone else to do things for me. I spent my days enduring painful physical therapy sessions and longed to be normal again. When I first got hit all my friends paid attention to me, but slowly they all disappeared.

"It's been four years now since my accident. Although I have made a remarkable recovery, I am very different as a result of that accident. I will never pitch



September 2000

Public Meeting Schedule Continued

The public meeting schedule is subject to change. Please call to confirm dates and times. For on-line information go to: www.maricopa.gov/

9/18/00 - 51st AVENUE/ELLIOT TO BASELINE

Meeting Location:

Laveen Elementary School Cafeteria
5001 W. Dobbins - Laveen, AZ

Time - TBA

[Nariman Zadeh @ mail.maricopa.gov](mailto:Nariman.Zadeh@mail.maricopa.gov)
(602) 506-8623

9/19/00 - PM10 ROADS PHASE 1, EAST ROADWAY SEGMENTS

Meeting Location:

Taft Elementary School, Cafeteria
9800 E. Quarterline Rd. - Mesa, AZ

Time: 6-8 PM

[Mike Marietti @ mail.maricopa.gov](mailto:Mike.Marietti@mail.maricopa.gov)
(602) 506-4171

9/26/00 - MCDOT BICYCLE ADVISORY COMMITTEE

Meeting Location:

Maricopa County Department of Transportation - Maricopa Room
2901 W. Durango St. Phoenix, AZ

Time: 2:30 - 4 PM

[Reed Kempton @ mail.maricopa.gov](mailto:Reed.Kempton@mail.maricopa.gov)
(602) 506-1630

9/27/00 - COMP PLAN WORKSHOP

Meeting Location:

Liberty Elementary School - Science Lab
19818 W. MC 85 - Buckeye, AZ

Time: 6-8 PM

[Matthew Holm @ mail.maricopa.gov](mailto:Matthew.Holm@mail.maricopa.gov) -
(602) 506-7162

another baseball game because my right arm won't work. I have had to settle for managing the soccer team instead of playing because my balance and speed are impaired. I am in special education classes because my injured brain cannot keep up in the regular classes. I will never be able to ride a bike or even drive a car. I still endure painful physical therapy sessions every week.

"I'd like to leave you with a very important message.... No kid should ever have to go through what I did and am still doing. All of this pain and trouble that I am forced to deal with now could have been avoided if I had only worn a bike helmet. My message is simple, 'Please wear a bike helmet...Because I said so!'" - Austin

"I was out riding my bike and I wasn't paying attention. I ran into a car mirror, and it knocked me off (my bike). I hit my head, and my helmet cracked and split in half, but all that happened was I had a broken finger.

"I didn't want to wear my bike helmet. I didn't think it was cool. But my Mom said if I didn't wear it I would be grounded from riding my bike. I think it saved me maybe from brain damage. Would I recommend that other kids wear a bike helmet? Yes. And I'd recommend that *I* wear one." - *Justin S., age 12, St. Louis, MO*

"When I flew nine feet through the air and hit the pavement head first, I broke my bike helmet instead of my head. If I hadn't been wearing a helmet, there is a good chance I would have been killed or injured too seriously to ever ride a bike again." - *Payton B., age 12, Bethesda, MD*

"Last Spring I was riding my bike up and down my block pedaling side to side. All of a sudden my bike made an unexpected turn and I crashed down toward the street. My bike helmet landed on a mound of asphalt. My helmet now has a large puncture, and my skinned knees have healed. Had my bike helmet not been on or properly secured, I would have hit my face or smashed my head." - *Alison W., age 11, Bethesda, MD*



This Valley citizen thought it was safer to ride against traffic.

"We thought you was dead. You bounced off that guardrail twice while you were still on the bike and several more times after you left it. Then you just laid there still."

"This is what the store owner told me when I revisited the scene a year after my crash. In 1989, I was on the second day of a weekend club ride when I caught some gravel in the middle of a high-speed curve. I was going about 35 mph when I slammed into the guardrail. I remember hitting it once and then lying on the road with people standing over me asking my name. It was two hours before the helicopter arrived that would take me to a hospital in Scottsdale. I spent the next three weeks in bed dressed like a mummy. It took two hours to change the bandages and they had to be changed twice a day. Just about the only part of my body that wasn't injured was my head. My helmet was cracked in the back and the finish was scraped off both sides. There is no question that it saved my life." - *Reed K., age 49, Mesa, AZ*

The kids' stories and a lot of very good information on bicycle helmets can be found at <http://www.bikehelmet.org/>. Two other sites are <http://www.bhsi.org/index.htm> and <http://www.nhtsa.dot.gov/people/outreach/KidsPage/>.

The Dilemmas of Bicycle Planning

Paul Schimek

Massachusetts Institute of Technology Department of Urban Studies and Planning and U.S. Department of Transportation, Volpe National Transportation Systems Center

Ed: The following abstract was taken from a paper presented in 1996 and revised in 1997. I urge you to visit the site and read the entire text. While I don't agree with everything Mr. Schimek proposes, the topic is an interesting one. These are just some of the issues that will be discussed at the ProBike ProWalk Conference in Philadelphia in September.

Abstract

Since the 1970s, the bicycle has been a motherhood issue for U.S. transportation planning. At least in the abstract, everyone is in favor of increased use of these non-polluting, energy-efficient, quiet, and fitness-promoting vehicles. However, when one begins to investigate the use of bicycles for transportation, one finds that there are a number of dilemmas facing bicyclists and the bicycle planner. The first dilemma is that the public has many misconceptions about bicycling, including the skills required, which places are safe for riding, and the rights of bicyclists to use public roads. Second, professionals have often ignored bicycling, failing to consider bicyclists in roadway design or traffic enforcement. Third, the locations where bicycling is the most useful for transportation are also some of the most challenging, especially for the beginner. Fourth, the bicycle is not generally a "design vehicle," so roads are not routinely designed with bicyclists in mind. Fifth, transportation funding emphasizes capital spending over maintenance, although the latter is often more important to cyclists. Sixth, traffic enforcement officials routinely ignore even the most flagrant and dangerous violations by bicyclists. Seventh, designated bicycle facilities often do not serve the purposes their advocates propose, and sometimes can create dangerous conditions. Eighth, bicycle education has not yet

become available on a wide scale, in part because advocates, funding programs, politicians, and public opinion focus on building facilities. Getting beyond these dilemmas requires a focus on changing public opinion through advertising, politician and celebrity endorsement, making the bicycle a design vehicle, and widespread availability of bicycle training programs.

<http://www.danenet.wicip.org/bcp/dilemma.html/index.html>

On your left!

The first week of September will find several hundred bicycle and pedestrian professionals and advocates, meeting in Philadelphia to discuss plans, policies, projects, and strategies to improve the lives of our citizens. This will be my second ProBike/ProWalk Conference, my first as a professional, my second as an advocate. I'll sift through the data and bring back to you ideas that have worked elsewhere that may work here as well. The following week I'm taking a vacation and will be out of the office until September 18.

If you have a question about bicycling in Maricopa County, send a message to reedkempton@mail.maricopa.gov.

Reed

